

Idaho Counseling Program Student Outcomes: Standards and Competencies

Academic and Professional-Technical Development

Standard A: Students will acquire the knowledge, skills, and attitudes (KSAs) that contribute to effective learning in school and across the lifespan.

AP:A1 Improve academic self-concept

- AP:A1.1 Articulate feelings of competence and confidence as learners
- AP:A1.2 Display a positive interest in learning
- AP:A1.3 Take pride in work and achievement
- AP:A1.4 Accept mistakes as essential to the learning process
- AP:A1.5 Identify attitudes and behaviors that lead to successful learning

AP:A2 Acquire skills for maximizing learning

- AP:A2.1 Apply time-management and task-management skills
- AP:A2.2 Demonstrate how effort and persistence positively affect learning
- AP:A2.3 Use communications skills to know when and how to ask for help when needed
- AP:A2.4 Apply knowledge and learning styles to positively influence school performance

AP:A3 Achieve school success

- AP:A3.1 Take responsibility for their actions
- AP:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students

- AP:A3.3 Develop a broad range of interests and abilities
- AP:A3.4 Demonstrate dependability, productivity, and initiative
- AP:A3.5 Share knowledge

Standard B: Students will complete school with the academic preparation essential to choose from a wide range of postsecondary options.

AP:B1 Improve learning

- AP:B1.1 Demonstrate the motivation to achieve individual potential
- AP:B1.2 Learn and apply critical-thinking skills
- AP:B1.3 Apply the study skills necessary for academic success at each level
- AP:B1.4 Seek information and support from faculty, staff, family and peers
- AP:B1.5 Organize and apply academic information from a variety of sources
- AP:B1.6 Use knowledge of learning styles to positively influence school Performance
- AP:B1.7 Become a self-directed and independent learner

AP:B2 Plan to achieve goals

- AP:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- AP:B2.2 Use assessment results in educational planning
- AP:B2.3 Develop and implement annual plan of study to maximize academic ability and achievement
- AP:B2.4 Apply knowledge of aptitudes and interests to goal setting
- AP:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- AP:B2.6 Understand the relationship between classroom performance and success in school
- AP:B2.7 Identify postsecondary options consistent with interests, achievement, aptitude and strengths

Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community.

AP:C1 Relate School to Life Experiences

- AP:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- AP:C1.2 Seek co-curricular and community experiences to enhance the school experience
- AP:C1.3 Understand the relationship between learning and work
- AP:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals
- AP:C1.5 Understand that school success is the preparation to make the transition from student to community member
- AP:C1.6 Understand how school success and academic achievement enhance future career and professional-technical opportunities

AP:C2 Understand the opportunities available and know how to access an array of postsecondary options

- AP:C2.1 Understand opportunities in and how to access CTE Pathways
- AP:C2.2 Understand opportunities in and how to access the military
- AP:C2.3 Understand opportunities in and how to access ATCs

- AP:C2.4 Understand opportunities in and how to access two-year college
- AP:C2.5 Understand opportunities in and how to access four-year college
- AP:C2.6 Understand opportunities in and how to access certificate programs
- AP:C2.7 Understand opportunities in and how to access apprenticeships
- AP:C2.8 Understand opportunities in and how to access on-the-job training
- AP:C2.9 Understand opportunities in and how to access Job Corps
- AP:C2.10 Understand opportunities in and how to access employment

Life and Career Development

Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.

LC:A1 Develop career awareness

- LC:A1.1 Develop career awareness
- LC:A1.2 Learn about the variety of traditional and nontraditional occupations
- LC:A1.3 Develop an awareness of personal strengths skills, interests and motivations
- LC:A1.4 Learn how to interact and work cooperatively in teams
- LC:A1.5 Learn to make decisions
- LC:A1.6 Learn how to set goals
- LC:A1.7 Understand the importance of planning
- LC:A1.8 Pursue and develop competency in areas of interest and strength
- LC:A1.9 Develop hobbies and professional-technical interests
- LC:A1.10 Balance between work and leisure time

LC:A2 Develop employment readiness

- LC:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- LC:A2.2 Apply job readiness skills to seek employment opportunities
- LC:A2.3 Demonstrate knowledge about the changing workplace
- LC:A2.4 Learn about the rights and responsibilities of employers and employees
- LC:A2.5 Learn to respect individual uniqueness in the workplace
- LC:A2.6 Learn how to write a résumé
- LC:A2.7 Develop a positive attitude toward work and learning
- LC:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- LC:A2.9 Utilize time- and task-management skills

Standard B: Students will employ strategies to achieve future career goals with success and satisfaction.

LC:B1 Acquire life and Career information

- LC:B1.1 Apply decision-making skills to career planning, course selection and career transition
- LC:B1.2 Identify personal skills, interests and strengths and relate them to current career choice
- LC:B1.3 Demonstrate knowledge of the career-planning process
- LC:B1.4 Know the various ways in which occupations can be classified
- LC:B1.5 Use research and information resources to obtain career information

- LC:B1.6 Learn to use the Internet to access career-planning information
- LC:B1.7 Describe traditional and nontraditional career options and how they relate to career choice
- LC:B1.8 Understand how changing economic and societal needs influence Employment trends and future training

LC:B2 Identify career goals

- LC:B2.1 Demonstrate awareness of the education and training needed to achieve career goals
- LC:B2.2 Assess and modify their educational plan to support career
- LC:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience
- LC:B2.4 Select course work that is related to career interests
- LC:B2.5 Maintain a career-planning portfolio

Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.

LC:C1 Acquire knowledge to achieve career goals

- LC:C1.1 Understand the relationship between educational achievement and career success
- LC:C1.2 Explain how work can help to achieve personal success and satisfaction
- LC:C1.3 Identify personal preferences and interests influencing career choice and success
- LC:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills
- LC:C1.5 Describe the effect of work on lifestyle
- LC:C1.6 Understand the importance of equity and access in career choice
- LC:C1.7 Understand that work is an important and satisfying means of personal expression

LC:C2 Apply skills to achieve career goals

- LC:C2.1 Demonstrate how interests, strengths and achievement relate to achieving personal, social, educational and career goals
- LC:C2.2 Learn how to use conflict management skills with peers and adults
- LC:C2.3 Learn to work cooperatively with others as a team member
- LC:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences

Personal/Social Development

Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire self-knowledge

- PS:A1.1 Develop positive attitudes toward self as a unique and worthy person
- PS:A1.2 Identify values, attitudes and beliefs
- PS:A1.3 Learn the goal-setting process
- PS:A1.4 Understand change is a part of growth
- PS:A1.5 Identify and express feelings

- PS:A1.6 Distinguish between appropriate and inappropriate behavior
- PS:A1.7 Recognize personal boundaries, rights and privacy needs
- PS:A1.8 Understand the need for self-control and how to practice it
- PS:A1.9 Demonstrate cooperative behavior in groups
- PS:A1.10 Identify personal strengths and assets
- PS:A1.11 Identify and discuss changing personal and social roles
- PS:A1.12 Identify and recognize changing family roles

PS:A2 Acquire interpersonal skills

- PS:A2.1 Recognize that everyone has rights and responsibilities
- PS:A2.2 Respect alternative points of view
- PS:A2.3 Recognize, accept, respect and appreciate individual differences
- PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity
- PS:A2.5 Recognize and respect differences in various family configurations
- PS:A2.6 Use effective communications skills
- PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior
- PS:A2.8 Learn how to make and keep friends

Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1 Self-knowledge application

- PS:B1.1 Use a decision-making and problem-solving model
- PS:B1.2 Understand consequences of decisions and choices
- PS:B1.3 Identify alternative solutions to a problem
- PS:B1.4 Develop effective coping skills for dealing with problems
- PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions
- PS:B1.6 Know how to apply conflict resolution skills
- PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences
- PS:B1.8 Know when peer pressure is influencing a decision
- PS:B1.9 Identify long- and short-term goals
- PS:B1.10 Identify alternative ways of achieving goals
- PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills
- PS:B1.12 Develop an action plan to set and achieve realistic goals

Standard C: Students will understand safety and survival skills.

PS:C1 Acquire personal safety skills

- PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of rights of the individual
- PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact
- PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy
- PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help
- PS:C1.6 Identify resource people in the school and community, and know how to seek their help

- PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices
- PS:C1.8 Learn about the emotional and physical dangers of substance use and Abuse
- PS:C1.9 Learn how to cope with peer pressure
- PS:C1.10 Learn techniques for managing stress and conflict
- PS:C1.11 Learn coping skills for managing life events